

$^{156}\text{Ta}$        $Z = 73$        $N = 83$       adopted link      ENSDF link

Based on ENSDF from Oct 2022, and mass evaluation from 2020

BE      =    1228.032 (-0.312) MeV

Qbeta+ =      11.802 ( 0.346) MeV

	Energy T	J+	J-	J-other	T1/2
S-alpha=	-5.016	(-0.347)			
S-p	-0.963	(-0.440)			
$^{156}\text{Ta}$	1			0.000 (2-)	1 106 MS 4
$^{156}\text{Ta}$	2	0.102 9+			2 0.36 S 4

S-p      =    -0.963 (-0.440)-----  
 S-n      =    10.042 (-0.440)-----  
 S-2p     =    0.960 (-0.348)-----  
 S-2n     =    0.000 (-0.000)-----  
 S-alpha= -5.016 (-0.347)-----

S+p      =    -0.964 (-0.565)  
 S+n      =    -11.650 (-0.346)  
 S+2p     =    0.000 (-0.000)  
 S+2n     =    -21.274 (-0.350)  
 S+alpha =    6.728 (-0.447)

gap p     =    -1.927 ( 0.716)  
 gap n     =    -1.608 ( 0.560)  
 gap 2p    =    0.000 ( 0.000)  
 gap 2n    =    0.000 ( 0.000)  
 gap alpha =    1.712 ( 0.566)